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October 4, 2005

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Office of Nutritional Products  
Labeling and Dietary Supplements (HFS-810)  
Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740-3835

Dear Sir or Madam;

This letter will serve as a 30-day notification, pursuant to 403 (r) (6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer: IdeaSphere Inc.  
150 Motor Parkway  
Hauppauge, NY 11788

Text of statement being made: "nutritionally supports immune function"

Dietary supplement ingredients: Golden Seal Root

Dietary supplement brand and name: Spring Valley GOLDEN SEAL ROOT CAPSULES

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that IdeaSphere Inc., has substantiation that the statement being made is truthful and not misleading.

Sincerely,

Richard H. Neuwirth  
General Counsel  
IdeaSphere Inc.  
150 Motor Parkway  
Hauppauge, N.Y. 11788

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Enclosures